

Lose My Mind

64 Count, 4 Wall, Intermediate

Choreographer: Audrey Watson (UK) Jan 2010
Choreographed to: Lose My Mind by The Wanted
(128 bpm)

Start dance 16 counts after the heavy beat kicks in**1 STEP HITCH, COASTER STEP, CROSS SIDE, BEHIND & CROSS.**

- 1-2 Step fwd on right, hitch left knee.
3&4 Step back on left, step right next left, step fwd on left.
5-6 Cross right over left, step left to left.
7&8 Cross right behind left, step left to left side, cross right over left.

2 SIDE ROCK, SAILOR STEP, CROSS ROCK, CHASSE 1/4 TURN.

- 1-2 Rock left to left side, recover weight on right.
3&4 Cross left behind right, step right to right side, step left to left side.
5-6 Cross rock right over left, recover weight back on left.
7&8 Step right to right side, close left next right, turn 1/4 right stepping fwd on right.

3 PIVOT 1/4 TURN, WEAVE, POINT.

- 1-2 Step fwd on left, turn 1/4 right.
3-4 Cross left over right, step right to right side,
5-6 Cross left behind right, step right to right side.
7-8 Cross left over right, point right toe to right side.

4 1/2 TURN, KICK BALL STEP, STEP, FWD ROCK, 1/2 TURN SHUFFLE.

- 1 Turn 1/2 right stepping right next.
2&3 Kick left foot fwd, step down on ball of left, step fwd on right.
4 Step fwd on left.
5-6 Rock fwd on right, recover weight back on left.
7&8 Shuffle 1/2 turn right stepping right, left, right.

5 STEP KICK, COASTER CROSS & CROSS SIDE, BEHIND & CROSS.

- 1-2 Step fwd on left, kick right foot fwd.
3&4 Step back on right, step left next right, cross right over left.
&5-6 Step left to left side, cross right over left, step left to left side.
7&8 Step right behind left, step left to left side, cross right over left.

6 SIDE ROCK, 1/4 SAILOR STEP, 1/2 TURN, SHUFFLE.

- 1-2 Rock left to left side, recover weight on right.
3&4 Turn 1/4 left, swinging left behind right, step right to right side, step left to left side.
5-6 Step fwd on right, pivot 1/2 turn left.
7&8 Shuffle fwd on right, left, right.

7 STEP TOUCH, 1/4 CHASSE, STEP SCUFF, RIGHT LOCK STEP.

- 1-2 Step left to left side, touch right toe next left foot.
3&4 Step to right side, close left next right, turn 1/4 right stepping fwd on right.
5-6 Step fwd on left, scuff right foot fwd.
7&8 Step fwd on right, lock left behind right, step fwd on right.

8 WEAVE 1/4 TURN, STEP 1/2 TURN, SHUFFLE.

- 1-2 Cross left over right, step right to right side.
3-4 Cross left behind right, turn 1/4 right stepping fwd on right.
5-6 Step fwd on left, pivot 1/2 right.
7&8 Step fwd on left, close right next left, step fwd on left.

Floor split with Losing My Mind by Audrey Watson

Music download available from iTunes